

We want the mind to be our friend; we don't want it to create obstacles in our path. We want the mind to always be available to us.

Om śāntiḥ śāntiḥ śāntiḥ. Let there be peace, peace, peace. May there be no obstacle to the peace of the mind stemming from the factors relating to the individual personality, from those relating to the elemental forces, and those controlled by the cosmic forces.

The prayer is for gaining a mind that is composed, conducive, and fit for learning from or listening to the teacher.

To be continued...



Arsha Vidya Gurukulam Coimbatore - Anaikatti

is happy to announce a residential retreat VE21-02 on

Brhadaranyaka Upanishad (overview)

by Swami Sakshatkrtananda Saraswati
(Chief Acharya - Arsha Gurukulam, Chennai)



Chandogya Upanishad (overview)

by Swami Sadatmananda Saraswati
(Chief Acharya - Arsha Vidya Gurukulam, Anaikatti)



**From December 26th 2021
to January 1st 2022**

You can register through our website
www.arshavidya.in

Please contact for more information

• Mobile 9442646701 • Landline 04222657001

*Please note:

- The retreat includes meditation and satsang
- Participation only by prior registration

